

E3 STRENGTH

**Female < 120lbs
Average Carb
Dietary Recommendations**

Calculated Macros

108g

PROTEIN

78g

CARBS

35g

FAT

Carbs

50%

Fat

50%

108g
PROTEIN



78g
CARBS

35g
FAT

Breakfast Fiber - 3.3g	*Greek Yogurt, Plain (Fat-Free)	146.3g/5.2oz
	*Oatmeal (Uncooked)	29.9g/1.1oz
Lunch Fiber - 1.9g	*Greek Yogurt, Plain (Low-Fat)	233.7g/8.3oz
	Brown Rice (Cooked)	58g/2oz
	*Broccoli (Cooked)	85.1g/3oz
Meal 3 Fiber - 4.3g	(Cooked) Shrimp (Shellfish)	113.3g/4oz
	Sweet Potato (Cooked)	71.9g/2.5oz
	Kale (Cooked)	85.1g/3oz
Dinner Fiber - 1.4g	(Cooked) Tilapia (Fish)	84g/3oz
	Potatoes (Russet, cooked)	55.5g/2oz
	Iceberg Lettuce	85.1g/3oz

Daily Totals

Fiber **10.9g**

Fat **23g (remaining)**

108g

PROTEIN

78g

CARBS

35g

FAT

Breakfast Fiber - 3.3g	*Greek Yogurt, Plain (Fat-Free)	146.3g/5.2oz
	*Oatmeal (Uncooked)	29.9g/1.1oz
Lunch Fiber - 2.5g	(Raw) Chicken Thigh (Skinless & Boneless)	113.6g/4oz
	Brown Rice (Cooked)	73.5g/2.6oz
	Celery (Raw)	85.1g/3oz
Meal 3 Fiber - 4.3g	Canned Tuna (in oil) (Fish)	136g/4.8oz
	Sweet Potato (Cooked)	71.9g/2.5oz
	Kale (Cooked)	85.1g/3oz
Dinner Fiber - 3.9g	(Cooked) Salmon (Fish)	99.3g/3.5oz
	Potatoes (Russet, cooked)	60.8g/2.1oz
	Beets (Raw)	85.1g/3oz

Daily Totals

Fiber **14g**

Fat **2.8g (remaining)**

108g

PROTEIN

78g

CARBS

35g

FAT

Breakfast Fiber - 3.3g	Egg - Whole - Large	Qty:3
	*Oatmeal (Uncooked)	29.9g/1.1oz
Lunch Fiber - 2.4g	(Cooked) Chicken Breast (Skinless)	108.7g/3.8oz
	Brown Rice (Cooked)	69.6g/2.5oz
	Celery (Cooked)	85.1g/3oz
Meal 3 Fiber - 4.6g	(Cooked) Flank Steak (Beef)	88.5g/3.1oz
	Sweet Potato (Cooked)	80.7g/2.8oz
	Spinach (Raw)	85.1g/3oz
Dinner Fiber - 2.3g	(Cooked) Top Sirloin (Trimmed) (Beef)	82g/2.9oz
	Potatoes (Russet, cooked)	98.9g/3.5oz
	Summer Squash (Cooked)	85.1g/3oz

Daily Totals

Fiber **12.6g**

Fat **0.9g (remaining)**

108g
PROTEIN

78g
CARBS

35g
FAT

Breakfast Fiber - 3.3g	(Raw) Egg Whites (1 egg)	Qty:6
	*Oatmeal (Uncooked)	29.9g/1.1oz
Lunch Fiber - 3.1g	Canned Chicken	110.1g/3.9oz
	Brown Rice (Cooked)	54.1g/1.9oz
	Eggplant (Cooked)	85.1g/3oz
Meal 3 Fiber - 5.5g	(Raw) 99/1 Ground Turkey	94.8g/3.3oz
	Sweet Potato (Cooked)	36.7g/1.3oz
	Peas (Raw)	85.1g/3oz
Dinner Fiber - 4.8g	(Cooked) Tilapia (Fish)	82.7g/2.9oz
	Potatoes (Russet, cooked)	43.4g/1.5oz
	Peas (Raw)	85.1g/3oz

Daily Totals

Fiber **16.6g**

Fat **25.4g (remaining)**

108g
PROTEIN



78g
CARBS

35g
FAT

Breakfast Fiber - 3.3g	(Raw) Egg Whites (1 egg)	Qty:6
	*Oatmeal (Uncooked)	29.9g/1.1oz
Lunch Fiber - 2.7g	Cottage Cheese Fat Free	186.6g/6.6oz
	Brown Rice (Cooked)	65.7g/2.3oz
	Green Bell Peppers	85.1g/3oz
Meal 3 Fiber - 4.3g	(Raw) Tilapia (Fish)	94.4g/3.3oz
	Sweet Potato (Cooked)	71.9g/2.5oz
	Kale (Cooked)	85.1g/3oz
Dinner Fiber - 3.3g	(Cooked) Tilapia (Fish)	94.8g/3.3oz
	Potatoes (Russet, cooked)	64.2g/2.3oz
	Carrots (cooked)	85.1g/3oz

Daily Totals

Fiber **13.6g**

Fat **25.9g (remaining)**